

DARNAL

ARMY MEDICAL CENTER



Behavioral Health Services

Fort Hood, Texas

We're All In This Together

"One Team"



The Behavioral Health Division provides outpatient and inpatient treatment and consultation related to the management and treatment of behavioral issues and mental health concerns. The Behavioral Health Division consists of mental health services provided at the Resilience & Restoration Center (R&R Center), the Child & Adolescent Psychiatry Evaluation Service (CAPES), the Inpatient Psychiatry Service, the Department of Social Work (DSW), the Hospital and Administrative Psychiatry Service, and the Department of Substance Abuse Services (DSAS). While not part of the Behavioral Health Division, information regarding Fort Hood's Resiliency Campus and Military One Source are also provided as part of this brochure.


Visit our Behavioral Health Section
at
 www.crdamc.amedd.army.mil



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Mission & Vision

We Believe...

Mission

To provide high quality, customer focused, accessible and comprehensive health service in support of other Contingency Operations and the Army Medical Action Plan.

To promote resilience for our Soldiers and their Families, enhancing readiness and deployability.

To conserve the fighting strength through a culture of excellence in our continuum of medical training.

Setting the standard and being accountable to our Nation.

Vision

We are the face of Army Medicine:
Quality health care for
our Army starts here!

Access to world-class care,
nationally recognized medical training and
courteous service are
our core competencies.

We develop 21st century leaders,
accountable to our Army
and our beneficiaries.



**We are the face of Army Medicine:
Quality healthcare for our Army
starts here!**



Resilience & Restoration Center

The Resilience and Restoration Center (R&R Center) provides outpatient psychological and consultation services as appropriate to maintain the mental health of active-duty personnel. The R&R Center is staffed with active-duty and civilian professionals including psychiatrists, psychiatric nurse practitioners, clinical psychologists, licensed clinical social workers, and psychology technicians.



The Urgent Care Triage Center is a walk-in service. Soldiers may self-refer, or may be referred by commanders, providers, Chaplains, and Fort Hood agencies. Soldiers who walk in for care receive an initial assessment. Depending on their needs, Soldiers may be seen immediately or scheduled for an appointment at a later date. Soldiers with thoughts of harming themselves or others should go immediately to the Urgent Triage Center in Building 36009. Hours of Operation are Monday, Tuesday, Wednesday and Friday from 7:15 a.m. to 4:30 p.m. (Patients must check in by 4 p.m.) and Thursday from 7:15 a.m. to 12 p.m. (noon). For after hours care go to Darnall Army Medical Center's Emergency Department.

The Resilience and Restoration Center is the central location for outpatient behavioral health treatment on Fort Hood. Patients may self-refer to this program by visiting the Urgent Care Triage Center for initial assessment. Once initial assessment is made, follow-up appointments are seen at the main R&R Center.

Services

- **Emergency Evaluation** of individuals with thoughts of harming self or others
- **Medication Assessment and Management**
- **Adult Individual Therapy:** Solution-focused Short-term treatment for anxiety, depression, emotional distress, combat stress and Post Traumatic Stress Disorder (PTSD).

- **Group Therapy**
 - Post Traumatic Stress Disorder (PTSD)
 - Combat Stress
 - Anger Control
 - Depression
 - Relationship and Communication Issues
 - Transition Issues
 - Stress Management or Pain Groups
- **Consultations** from other clinics, inpatient wards, and/or departments throughout the Medical Center.
- **Psychological Testing**
- **Post-Deployment Screening**
- **Concussion Screening**
- **Mental Status Evaluations** (As required by regulation for specialized duties or schools)
- **Biofeedback Therapy:** Primarily used for treatment of anxiety; pain management; and non-pharmacological intervention for sleep disturbances.
- **Command Directed Referral for Mental Health Evaluation** initiated by commanders according to Directive 6490.1 for chapter discharge, security evaluations, mental/emotional stability of Soldiers.

Hours of Operation

Monday through Friday
7:30 a.m. – 4:30 p.m.
(Patients must check-in before 4 p.m.)

Contact Us

Carl R. Darnall Army Medical Center
Building 36003, Fort Hood, Texas 76544
Phone:
(254) 553-2288/2287/2286
Facsimile:
(254) 285-6643

Warrior Combat Stress Reset Program

The Warrior Combat Stress Reset Program (WCSRP)

is an eleven-week intensive outpatient treatment program incorporating alternative approaches for the treatment of moderate to severe post traumatic stress symptoms. The program consists of a 3-week “jump-start” treatment program during which Soldiers report to the WCSRP for duty each day, followed by 8 weeks of individualized follow up therapy. This is a time-intensive program; therefore support from participants’ chains of command is critical.

Candidates for this program include

(but are not limited to):

- Soldiers who are motivated to continue serving on active duty
- Soldiers who suffer from symptoms of PTSD/ Combat Stress such as:
 - Hyper-Arousal (Irritability, edginess, jumpiness, anger, or inability to relax)
 - Intrusive thoughts or memories of combat
 - Avoidance symptoms
 - Anxiety/depression
 - Emotional numbing
 - Poor sleep or nightmares
 - Difficulty concentrating
- **Interventions** aimed at reducing hyper-arousal and restoring self-regulation/awareness/control:
 - Education
 - Individual and Group Therapy
 - Coping Skills Training
 - Biofeedback

- Complimentary Alternative Medicines to include:
 - Acupuncture
 - Massage
 - Meditation
 - Reiki/Bioenergy Therapies
 - Reflexology
 - Sound Energy
 - Tai Chi
 - Yoga

Referrals

Referrals to the Warrior Combat Stress Reset Program may be made by behavioral health providers, other providers, self, unit, spouses or significant others.



Hours of Operation

Monday through Friday
7:30 a.m. – 4:30 p.m.

Contact Us

Carl R. Darnall Army Medical Center
Building 36043, Fort Hood, Texas 76544
Phone:(254) 228-4746
Facsimile:(254) 553-2293



Hospital & Administrative Psychiatry

Hospital and Administrative Psychiatry provides various administrative and psychiatric treatment services to adult active-duty members of the Uniformed Services stationed or training at Fort Hood and child and adolescent family members

Adult Outpatient Services

- Diagnostic Evaluations
- Psychotherapeutic interventions
- Psychopharmacotherapy (when indicated for psychiatric illnesses, syndromes and symptom complexes)
- Chain-of-Command Consultations
- Medical Referrals (as needed)
- Referrals of beneficiaries to the TRICARE network for assistance in locating various mental health services in the community for non-available services at CRDAMC
- Tele-Psychiatry
- Consultation and Liaison Services (for the CRDAMC Emergency Department and other Inpatient Services)
- Medical Evaluation Boards
- Sanity Board
- Case Management Program (conducts assessments, coordinates referrals, provides monitoring and follow-up, performs crisis management and liaison between Command and network providers)

Contact Us

Carl R. Darnall Army Medical Center
5th Floor, 5 West Ward

Phone:

(254) 286-7079/7820

Adult Inpatient Psychiatry

The Inpatient Psychiatry Service provides quality acute inpatient psychiatric care to active-duty members of the Uniformed Services stationed or in training at Fort Hood. Acute inpatient psychiatric care is also offered, on a space available basis, to nonactive-duty patients, Family Members, retirees, and retiree Family Members, who are covered under TRICARE Prime.

Serving as the Psychiatric Referral Center for the Southern Regional Medical Command, we also train residents, students, and psychiatric technicians.

Admissions for civilians are voluntary, and no children younger than 18 years old will be admitted to the service.

Psychopharmacotherapy

Psychopharmacotherapy, the clinical treatment of psychiatric disorders with medication, is provided as indicated for psychiatric illnesses, syndromes and symptom complexes. Treatment is provided under the direct supervision of a staff psychiatrist.

The Clinical Team

The clinical team diagnoses, treats, and stabilizes patients with serious mental health problems. Staff and resident psychiatrists, nursing personnel, case managers, students, and chaplain services create the interdisciplinary team that manage patient care.

Services

- Diagnostic evaluations
- Psycho therapeutic interventions (Including individual and group sessions, as well as milieu therapy)

- Psychopharmacotherapy
- Occupational therapy
- Physical training
- Chain-of-command consultations
- Medical referrals (as needed)

Other Services

Other services offered on the ward include occupational and recreational therapies, chaplain and bereavement counseling, and nutritional assessments.

Our talented nursing staff will assess each patient's needs on admission and, along with the team, help formulate a therapeutic treatment plan. A case manager will assist with active-duty command consultations, patient discharge planning and facilitation of continuity of care once a patient has left the Inpatient Ward.

Contact Us

Carl R. Darnall Army Medical Center
Inpatient Psychiatry
5th Floor, 5-East Ward

Phone:

(254) 288-8730 or 288-8734

Child & Adolescent Psychiatry Evaluation Service (CAPES)



The Child and Adolescent Psychiatry Evaluation Service (CAPES) offers a variety of programs and services. We provide comprehensive evaluations and consultations for children and adolescents who exhibit a wide variety of behavioral and psychiatric challenges. Our goal is to provide the most clinically effective and least restrictive level of care to our patients. Our services are provided by a professional staff that includes.

Eligible Patients

Our services are available for children and adolescents (infant to 18 years) of active-duty and retired service members who are enrolled in DEERS and are TRICARE-eligible.

Referrals

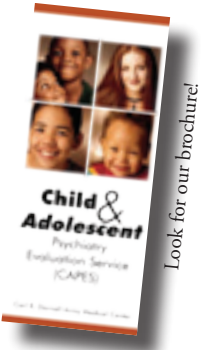
Referrals from various clinics, schools, legal systems, and walk-ins are welcome.

Our Services

Triage (Parents Only)

We perform a screening and classification assessment to determine the priority of need for psychiatric care. Upon completion of the required form, a triage counselor performs a brief evaluation of the problem and provides any additional paperwork or forms. The triage counselor provides an appointment with a clinician for a comprehensive assessment for definitive treatment recommendations.

- Crisis Intervention
- Psychosocial Evaluations & Testing
- Psychiatric Consultations
- In-Patient Admission Referrals
- Medication Assessments
- Short-Term Treatment



Support & Education

Attention-Deficit/Hyperactivity Disorder (ADHD) Group

Tuesday, 4:30 - 5:45 p.m.

This group is for children who have ADHD. A CAPES therapist provides age-appropriate information about ADHD and how to cope with the disorder. Games and activities focus on social skills, listening, planning ahead, self-esteem, and other areas that usually give ADHD children and adolescents problems.

Attention-Deficit/Hyperactivity Disorder (ADHD) Psychoeducational Group for Parents

Tuesday, 4:30 - 5:30 p.m.

Depending on the desires of the group members, the group facilitator presents basic-to-advanced information about ADHD and treatments. This affords parents the opportunity to meet other parents of ADHD children and to discuss specific concerns. Individuals who do not have children attending the ADHD children's group are still invited to attend the ADHD Parent Group.

Adolescent Support Group

Wednesday, 4:30 - 5:45 p.m.

This group is a forum for adolescents to discuss pressing issues and to gain insight into themselves and others. This unique approach focuses, but is not limited to, the following issues:

- Personal/interpersonal relationships
- Social/interpersonal skills
- Communication skills
- Problem solving

Anger Management Group (Children)

Thursday, 4:30 – 5:30 p.m.

This group is for children who have difficulty dealing with their anger. The group facilitator provides games and activities that focus on anger control, problems solving, journaling, and self-esteem.



Psychoeducational Group on Anger Management for Parents

Thursday, 4:30 – 5:30 p.m.

This is an education and support group for parents. Participants discuss family dynamics, communication skills, and problems solving. This is an opportunity for parents to meet with other parents and brainstorm about specific concerns.

Hours of Operation

Monday through Friday
7:30 a.m. – 5:30 p.m.

After hours on weekends & holidays, psychiatric emergency services for children and adolescents are available through Carl R. Darnall Army Medical Center's Emergency Department, 288-8114/8113.

Contact Us

Carl R. Darnall Army Medical Center
Child & Adolescent Psychiatry Evaluation Service
5th Floor, 5-West Ward

Phone:

(254) 286-7079/7820 or 288-8731

Facsimile: (254) 286-7629

Department of Social Work (DSW)



Strengthening the Military Family...

...through a variety of social and mental health services including counseling, advocacy, support, case management, screenings, information and referrals, education, outreach, briefings, community support, and command consultation to ensure health, well-being and mission readiness in support of our Nation.

The Department of Social Work and the Military Readiness Mission

Commanders often need assistance in obtaining help for troubled Soldiers. In many cases, this also includes assisting family members. Helping the whole family allows Soldiers to focus on their military duties.

The Department of Social Work can assist unit commanders by providing guidance and assistance to ensure mission readiness.

Additionally, the Department of Social Work actively participates in the NCOPD/OPD program by providing unit-level training on the Family Advocacy Program and other services available.

Hours of Operation

Monday through Friday
7:30 a.m. – 4:30 p.m.

Social Work Care Manager Program

The mission of the Care Manager Program is to focus on providing help to Soldiers and Families who experience stress related to frequent deployments. Services Include:

- Pre, post, and during deployment stress support
- Individual, couples, children and group counseling
- Post traumatic Stress Disorder (PTSD) and Anger Management group counseling
- Women's PTSD Group
- PTSD Support for Family Members
- PTSD and Traumatic Brain Injury (TBI) Rehabilitation Group
- Sleep Hygiene Group
- Workshops (along with ACS) and briefings on how to handle stress related to parenting and other family concerns when the spouse returns from deployment.
- Professional consultation to Family Readiness Groups on how to best help Families adversely affected by deployments.
- Assisting Soldiers to learn how to re-connect and reintegrate into the non-combat environment.

Sexual Assault Program

The Sexual Assault Program provides help for victims of sexual assault and ensure they receive timely and efficient medical care and other resources. Services include:

- Individual Counseling
- Group Counseling
- Resource coordination
- Victim Advocacy services

Family Advocacy Program (FAP)

The mission of FAP is to identify, prevent and treat incidents of child and spouse abuse. Services Include:

- Treatment for both victims and offenders
- Conflict Resolution group counseling
- Anger management
- Therapeutic Parenting
- Parent Awareness group
- Resource coordination
- Victim Advocacy Services

Marriage and Family Therapy Services

The mission of the Marriage and Family Therapy Program is to provide help for couples and families to resolve their difficulties and maintain a healthy relationship. Additionally, we work with the couple to decrease stress within the home, to improve communication, identify parenting conflicts, role conflicts, infidelity issues, and to help resolve conflicts concerning deployments. Services Include:

- Couples and family counseling
- Parent Education (how to listen and talk to children; types of appropriate discipline).
- Unit/Command Briefings on how to help Families promote resiliency and learn effective coping skills during stressful deployments.

Medical Social Work program

The Medical Social Work Program provides support related to hospitalization and post-hospitalization needs, serious injury, chronic disease, disability, or terminal illness. Services Include:

- Discharge planning
- Identification of appropriate resources for the patient and family to ease the transition from hospitalization to homecare
- Individual, family counseling, and group counseling to help with adjustment problems or stressful life changes due to the patient's medical needs.

Our services help Soldiers and Families to improve their ability to cope more effectively with stress, anger, and other emotion. Soldiers and Families learn how to make better decisions, improve problem solving skills, enhance positive self-esteem/self worth, how to take responsibility for one's actions, and ways to strengthen healthy relationships.



Traditional Services

The Department of Social Work also provides a wide variety of individual, marital, and family counseling services appropriate to the specific needs of our Soldiers and Families.

Contact Us

Carl R. Darnall Army Medical Center
Kennedy Social Work Building 2255
52nd St. & 761st Tank Battalion Ave.

Social Work Service

Family Advocacy Program (Spouse & Child Abuse),
Sexual Assault Care Coordination
(254) 288-6474 – Dial '0' for the front desk

DSN: 738-6474 Facsimile: (254) 288-3281

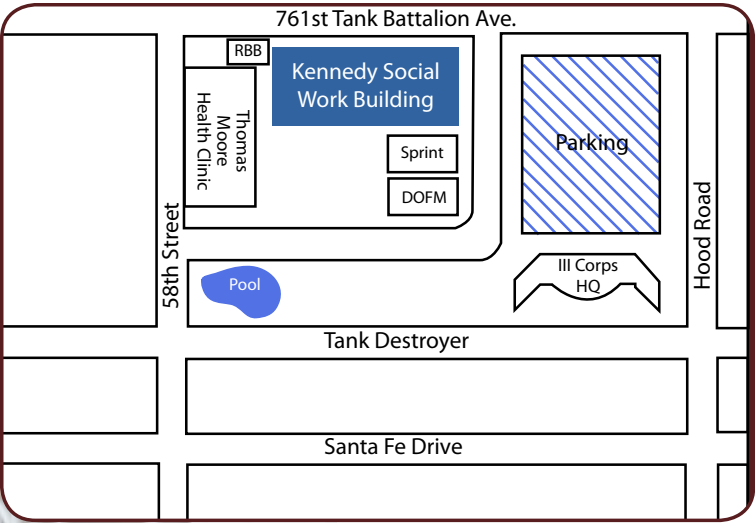
DSW Care Manager Program
(254) 535-4497

Medical Social Work
(254) 553-1888

Deployment Stress Help Line
(254) 535-4497 non-emergency

Marriage & Family Therapy Clinic

Bldg. 90043
West Fort Hood, TX 76544
(254) 288-5626



Department of Substance Abuse Services (DSAS)



We provide programs that enhance Army readiness by reducing accidents and incidents associated with alcohol and drug abuse.

Services

- Walk-in Triage
- Evaluation/Assessment
- Recommendations for Treatment
- Referral
- Education
- Consultation Services
- Individual and Group Counseling
- Medication Evaluations

As the rehabilitation side of the Army Substance Abuse Program (ASAP), the Department of Substance Abuse Services (DSAS) works in tandem with the garrison prevention programs to:

- Prevent loss of productivity caused by drug alcohol misuse, abuse, dependence

- Provide drug/alcohol education, intervention, and rehabilitation services to authorized beneficiaries
- Assist Command with identifying those who successfully complete treatment goals and who show potential for productive re-entry to the work force
- Assist Command with identifying, for administrative action, those who choose not to rehabilitate or those who lack potential to rehabilitate

There are several treatment options:

- Alcohol and Drug Abuse Prevention Training (2-day class)
- Outpatient treatment
- Inpatient treatment
- Individual specialized groups
- Medical intervention as indicated
- Urinalysis and alcohol testing

What You Can Expect

Initially, you will complete forms and be screened by a triage counselor. At this time an appointment will be made for additional services. If you need further evaluation, you will be asked for some personal history and some background information. You will also be asked to provide us with valuable information about your nutritional health and your personal learning style. The more specific information you provide, the better we will be able to assess your situation.

Before you leave our clinic all your questions will be answered and you will be fully informed as to the recommendations made by the DSAS counselor.

Your Rights as a Patient

As a patient of Department of Substance Abuse Services, you have the right to:

- Reasonable access to care
- Care that respects your personal values and beliefs
- Personal privacy and confidentiality
- Be kept informed of your treatment and encouraged to participate in developing your treatment program

If you have any questions about any of your rights or treatment, please ask the individual providing the service.

If the answer is not satisfactory or you feel you need to talk with someone else about an aspect of your care, please ask to see a clinical supervisor or the Chief of DSAS.

Eligible Patients

Services are available to all active-duty Soldiers.

Hours of Operation

Walk-In

Monday, Tuesday, Wednesday and Friday
7:30 a.m. – 10 a.m.

Appointments Only

Monday, Tuesday, Wednesday and Friday
10:30 a.m. – 3 p.m.

Contact Us

Carl R. Darnall Army Medical Center
761st Tank Battalion Avenue, Building 286
(near the old AAFES service station/garage)

Phone:
(254) 287-2892

DSN:
737-2892

Facsimile:
(254) 287-5268



Look for our brochure!

THE MENTAL HEALTH SELF-ASSESSMENT (MHSA)

This Program is a voluntary, anonymous mental health and alcohol self-assessment and referral program offered to military families and service members affected by deployments and mobilizations. It is available online at www.MilitaryMentalHealth.org and as a recorded interactive phone assessment at 1-877-877-3647. This program is provided by the nonprofit organization Screening for Mental Health, Inc., with funding from the Department of Defense Office of Health Affairs. Results and available resources are listed at the end of each assessment.



Traumatic Brain Injury

Carl R. Darnall Army Medical Center's Traumatic Brain Injury (TBI) Center provides outpatient psychological, medical, and consultation services for Fort Hood Soldiers to maintain the health of personnel who have experienced or are suspected of having a brain injury.

A traumatic brain injury (TBI) is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. Concussions, also called “closed head injuries,” are a type of TBI. Not all blows or jolts to the head result in a TBI. The severity of such an injury may range from “mild,” i.e., a brief change in mental status or consciousness to “severe,” i.e., an extended period of unconsciousness or amnesia after the injury.

TBI can cause a wide range of functional changes affecting thinking, sensation, movement, language, and/or emotions. Some symptoms may appear immediately after the injury and other symptoms may not appear for days or weeks. Because of the nature of the injury and the symptoms, sometimes people may not recognize or admit that they have a problem. In post-concussion/mild TBI patients, recovery time is within weeks/months, but a small percentage have persistent symptoms. Patients with moderate to severe TBI may never fully recover their pre-injury function.

TBI Clinic services include emergency evaluation, medication assessment and management, individual and group counseling, psychotherapy, consultations, neuropsychological testing, Soldier readiness and post-deployment screening, concussion screening, mental status evaluations, case management, cognitive rehabilitation, occupational therapy, driving screening, associated Post Traumatic Stress Disorder (PTSD) treatments, and pain management.

Additional Information

This information on TBI and more can be found at the Deployment Health Clinical Center (DHCC) and the Defense Centers for Excellence Web sites. Visit www.pdhealth.mil/TBI.asp and www.dcoe.health.mil/default.aspx

www.PDHealth.mil is the Official Web site of the DoD Deployment Health Clinical Center located at Walter Reed Army Medical Center, Washington, D.C.

www.dcoe.health.mil is the Official Web site of the Defense Centers for Excellence of the Department of Defense.

Hours of Operation

Monday through Friday
7:30 a.m. – 4:30 p.m.

Contact Us
Temporary Location
Traumatic Brain Injury Clinic
Building 3507 Rough Rider Village

Phone: (254) 462-5318

or: (254) 415-9012

Soldier Medical Readiness Processing

Soldier medical readiness processing is part of Fort Hood's Soldier Readiness Process. Fort Hood provides legal, financial, and personnel services. Carl R. Darnall Army Medical Center provides the medical portion of the process.

The Soldier Medical Readiness Processing Center provides administrative and medical screening services to Active Duty, National Guard, Reserve and Civilian personnel in support of deployment/mobilization and redeployment/demobilization.

Reminder

SMRP is a medical process.
Soldiers must have their medical records to complete each process.

The SMRP objective is to ensure that personnel are both physically and mentally fit to deploy/mobilize and redeploy/demobilize. The screening process includes:

- Pre/Post Deployment Health Assessments
- Medical Record Review
- Deployment Lab Review
- Immunization Update
- Dental Health Review
- Clinical Health Review with licensed provider
- Nurse Case Manager Services when needed

Contact Us

SMRP Location
Iron Horse Gym, Bldg. 37017,
Old Iron Sides St.
(254) 553-5525.

Scheduling
Contact (AG) at (254) 285-6574.

For specific questions regarding the medical component of the SRP process contact
(254) 553-5527.

Safeguarding Soldier Health: The Post-Deployment Health Reassessment (PDHRA)

To safeguard the health and well-being of all Soldiers, the U.S. Army implemented the Post-Deployment Health Reassessment, or PDHRA, in January 2006. A Commander's Program, the PDHRA gives Soldiers an opportunity to address any health concerns that may emerge following redeployment. It is available to all Soldiers -- Active and Reserve Component -- who have returned from combat.

Returning home and settling back into a routine can be filled with excitement and discovery. Soldiers may start facing health concerns that they may not have noticed before.

The Reason for PDHRA

Research shows that identifying these health concerns as soon as possible strongly impacts the long-term health and well-being of Soldiers and their Families. The Army wants to help Soldiers address their health concerns before they develop into more serious problems.

How to Complete the PDHRA

Soldiers who have returned from a combat deployment since March 10, 2005, must complete the PDHRA. In most cases, the PDHRA takes place 90 to 180 days after redeployment. Commanders will notify Soldiers to participate in the PDHRA process, and Soldiers can log on to Army Knowledge Online to check their PDHRA status under "My Medical Readiness."

To completed the PDHRA, Soldiers fill out DD Form 2900 and speak one-on-one with a health care provider. The health care provider will refer Soldiers for further evaluation and treatment, if necessary. Most Soldiers will complete the PDHRA as part of a unit-scheduled event, through an appointment, or on a walk-in basis.

PDHRA at Fort Hood

Our program is all about Soldiers' Health: physical and mental. Our staff is dedicated to caring for our returning heroes.

Learn More About PDHRA

For more information on the PDHRA program at Fort Hood visit our web site http://www.crdamc.amedd.army.mil/default.asp?page=srp_pdhra

For Additional Resources

<http://fhp.osd.mil/pdhrainfo>



Contact Us

Iron Horse Gym, Bldg. 37017

Phone:

(254) 287-0193

Hours of Operation

Appointments and Walk-In

Every Day

8:45 a.m. – 5:30 p.m.

Soldier should bring medical records and completed 2900

The PDHRA provides:



- **Medical screening** for both physical and behavioral health concerns
- **Access to resources and support** for wide a range of questions and concerns you may have about your health following your deployment
- **Education and training** to assist you in addressing deployment-related health concerns



ARMY STRONG.

For more information visit <http://fhp.osd.mil/pdhrainfo>



Fort Hood Garrison Programs

Army Community Service

Army Community Service is an empowered team that provides comprehensive, coordinated, and responsive advocacy and prevention, information and referral, outreach, financial, employment, Soldier and family readiness, exceptional family member and relocation assistance services that support the readiness and well-being of Soldiers and their families, civilian employees, and retirees. Visit our web site at

www.hoodmwr.com/acs



Family Advocacy Program

The Family Advocacy Program focuses on spouse and child abuse prevention through education and support programs, including:

Reporting/Crisis Intervention Services

- Family Advocacy Victim Advocate Program
- Fort Hood Sexual Assault Prevention and Response Program
- Command and Troop Education For Professionals
- Spouse Abuse - Family Life Skills
- Safety Education
- Support Groups and Parenting Education

Contact us at 286-6774 or 618-7582
Building 121, The Rivers Building

Visit our web site at

<http://hoodmwr.com/acs/apb.html>



New Parent Support Program Plus (NPSP+)

This program is comprised of a professional team of licensed, Masters-level social workers and registered nurses who provide supportive and caring services to military families with children up to 3 years old.

Our trained, supervised home visitors have extensive knowledge of the issues confronting parents today. Home visitors are sensitive to the unique challenges facing military families. New Parent Support Program Plus home visitors can answer your questions and discuss and bring information on any topic related to parenting young children. In addition, home visitors can assist your family in finding additional community resources.

Eligibility

All services are free of charge. Target population is military families with children from birth - 3 years, including families who are expecting a baby.

Hours of Operation

New Parent Support Program
Monday through Friday
8 a.m. – 5 p.m.

Services

- Home Visitations (by appointment): In-home parenting education and educational counseling, support, referral assistance. Visitors help families learn to cope with:
 - Stress
 - Isolation
 - Post-Deployment Reunions
 - Everyday Demand of Parenthood
- Explore Learning & Play (formerly, play morning): A weekly parent-child play group. Free play and activities. Meets every Wednesday at the Bronco Youth Center from 9:30 - 11 a.m.
- Support Group
- Parenting Education

What NPSP+ Can Do For You...

This program offers expectant parents and parents of newborns and young children, the opportunity to improve their parenting knowledge, skills and confidence. The New Parent Support Program Plus is a reliable source for answers to your parenting questions in the privacy of your home.

Think you're not a "new" parent? Even if you've been raising your family for a few years, new ages and stages of development bring different challenges. Even if you have older children, you continue to be eligible for NPSP+ if you are expecting a baby or have a child who is 3 years old or younger.

First baby or new addition? Often adding a new baby presents a real change in the family whether this is your first baby or a new addition. Demands on your time are different with more than one child in your home, and demands of a newborn can be overwhelming. Sometimes the marital relationship is stressed because of differences in parenting styles and attitudes.

Home Visits

Meet with a professional who can answer your questions, bring you information, and talk to you about your concerns as a parent or parent-to-be in the privacy of your own home.

Support Group

Share and learn parenting principles and experiences to build confidence and establish a support system.

Parenting Education

NPSP+ offers parenting education through home visitation. Your home visitor will work with you on the parenting topics and issues of concern to your family in order to meet your individual needs.

Explore Learning & Play

Our playgroup offers a weekly opportunity to meet other parents while children socialize, learn, and join in play activities. Fun and age appropriate play for young children up to 3 years old. Come join the group!

- To become more confident as a parent
- To understand the ages and stages of your child's development in order to make wise choices
- To develop a support system
- To lessen stress
- To improve communication between you and your spouse
- To learn why kids do what they do
- To develop common ground with your spouse in the area of parenting
- To improve your relationship with your children
- To make parenting fun
- To be a better parent to your child
- To feel more at home in the military

Are You Ready to Enroll?

It's as easy as dialing your telephone. Just give us a call during regular business hours.

Contact Us

Army Community Service
Family Advocacy Program
New Parent Support Program Plus
Fort Hood, Texas

Phone: (254) 287-2286 or (254) 287-2291

Resiliency Campus

“We can develop a place where
Soldiers and their Families
can go and become more
spiritually, physically, and
morally fit so when they
deploy they can come back in
the same condition they left”

- Phantom 6



Contact Us
Fort Hood Resiliency Campus
31st & Battalion Ave.
Fort Hood, TX 76544

Phone: (254) 285-5693

<http://www.hood.army.mil/resiliencycampus>

Campus Map



Pursuing and Investing in Resiliency for Life

Resilience is achieved through the integration & development of programs, leader engagement and Family Member involvement.

- Health education/promotion processes to raise individual and community awareness.
- Programs directed toward optimal physical, spiritual, and mental fitness
- Programs fostering Spiritual awareness and life enrichment.
- Environmental & social programs fostering healthy lifestyles, community actions, and proactive public health policies.
- Leader programs to ensure the wellbeing of our Soldiers, Families, & Civilians.



Empowering Participants
with the tools
for Life Effectiveness...



Resiliency Campus

Living the Balanced Life...

The Fort Hood Resiliency program is the integration of Body, Mind, and Spirit to produce a balanced lifestyle. It promotes a sense of becoming, changing, improving and growing.



The Resiliency Campus incorporates a holistic approach with the idea of balancing every aspect of the individual - mind, body, and spirit - to help clients reach individualized and measurable health goals through health education and comprehensive programs. In addition to the programs that directly support the Mind, Body, and Spirit, nutrition classes will be tied in with the Culinary Arts building providing healthy cooking instruction and education classes on healthy foods. The Civilian Fitness Program will be offered serving fulltime civilian employees.



**Free Childcare
Provided**

The Body

The Carl R. Darnall Army Medical Center's located in **BLDG 12019** and **BLDG 12018** provides services in...

- Tobacco Cessation
- Nutrition awareness
- Dietary supplements
- Power Performance
- Female Soldier Awareness
- Health promotion evaluation pregnancy and post-partum physical training
- Stress control

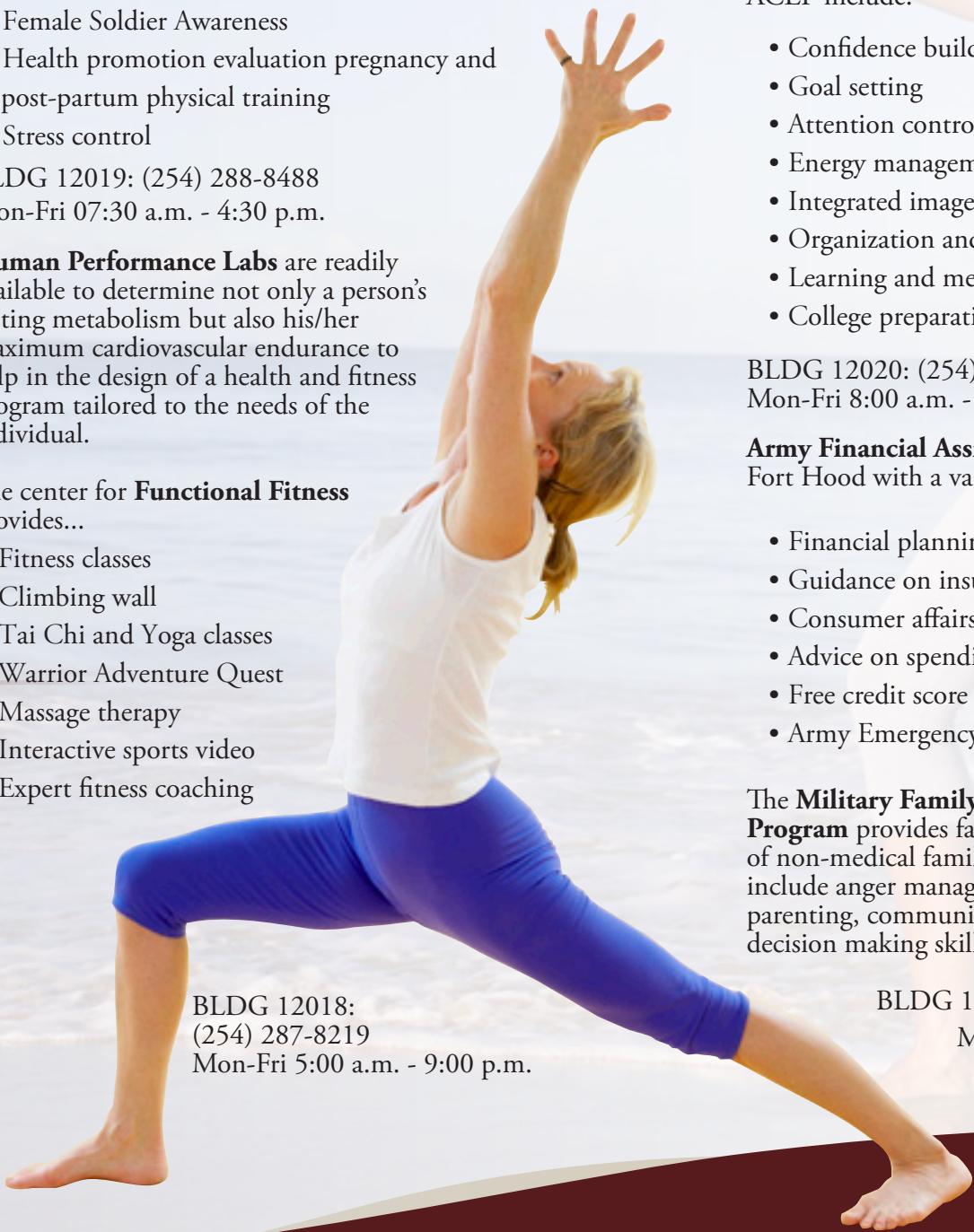
BLDG 12019: (254) 288-8488
Mon-Fri 07:30 a.m. - 4:30 p.m.

Human Performance Labs are readily available to determine not only a person's resting metabolism but also his/her maximum cardiovascular endurance to help in the design of a health and fitness program tailored to the needs of the individual.

The center for **Functional Fitness** provides...

- Fitness classes
- Climbing wall
- Tai Chi and Yoga classes
- Warrior Adventure Quest
- Massage therapy
- Interactive sports video
- Expert fitness coaching

BLDG 12018:
(254) 287-8219
Mon-Fri 5:00 a.m. - 9:00 p.m.



The Mind

The **Cognitive Enhancement and Assistance Center** consists of three programs and is located in **BLDG 12020**. The **Army Center for Enhanced Performance (ACEP)** works to develop the full potential of participants using a systematic process to enhance the skills essential to the pursuit of personal strength, professional excellence, and the Warrior Ethos. Services provided by ACEP include:

- Confidence building
- Goal setting
- Attention control
- Energy management
- Integrated imagery
- Organization and time management
- Learning and memory
- College preparation classes

BLDG 12020: (254) 288-4761
Mon-Fri 8:00 a.m. - 5:00 p.m.

Army Financial Assistance serves the needs of Fort Hood with a variety of programs including:

- Financial planning and budgeting
- Guidance on insurance
- Consumer affairs
- Advice on spending
- Free credit score analysis
- Army Emergency Relief (AER)

The **Military Family Life Consultant (MFLC) Program** provides families with a wide range of non-medical family life counseling. Services include anger management, conflict resolution, parenting, communication, relationship issues, decision making skills, and workplace productivity.

BLDG 12020: (254) 553-4705
Mon-Fri 8:00 a.m. - 5:00 p.m.

The Spirit

The **Spiritual Fitness Center (SFC)** located in **BLDG 12012** is Open **24 Hours a Day** and provides:

- Meditation area
- Internet Cafe and Library
- Coffee/tea room/Fellowship Hall
- Counseling for discouragement, stress, disillusionment, cynicism, anger, and ethical issues
- Battlemind classes and follow up assistance to Soldiers and their families



The Spiritual Fitness Center is an ideal **sanctuary of individual discovery** empowering participants with the tools to pursue individual happiness and fulfillment.

BLDG 12012: (254) 553-1195

“The key is in having a destination, a flight plan, a compass.” - Stephen R. Covey

Soldier & Family Assistance Center (SFAC)

The Soldier & Family Assistance Center (SFAC) provides tailored integrated support services while serving as an information broker/clearing house in a location proximate to Warriors in Transition (WT) and their Families. The purpose of the services is to equip and aid Warriors in making life changing decisions as they transition either back to duty or to civilian life.

Services

The following services are available through the SFAC:

- Entitlement and benefits counseling
- Military Personnel Services, such as ID cards
- Educational services
- Transition/employment assistance
- Social services to include financial counseling, stress management, translator coordination and Exceptional Family Member services
- Travel pay for Family Members on Invitational Travel Orders (ITO)
- Substance abuse information and referral for Family members
- Coordination of legal and pastoral Services
- Emergency housing plans for non-medical attendants who provide care for the Warrior in Transition
- Assistance in identifying lodging resources for Family Members
- Child care referral
- Accept and manage donations
- Coordination with Army Reserve, State and local agencies
- Coordination with National Guard, State and local agencies

Hours of Operation

Monday through Friday
7:30 a.m. – 4:30 p.m.

Contact Us

Bldg 36042
Wratten Drive
next to Keith Ware Hall

Phone:

(254) 286-5768
288-3945
287-9593

DSN:

566-5768
738-3945
737-9593



Post Traumatic Stress Disorder



Stress may be defined as a psycho-physiological response to a perceived threat. People who encounter stressors, or perceived threats, experience a stress response. That response includes physical, emotional, and cognitive components in both an and long-term process. An stress response involves, among other physiologic changes, the body's sympathetic nervous system secreting adrenalin and/or the adrenal glands secreting cortisol in an attempt to make our body or behavior more capable of dealing with threats to our well-being. The powerful effect of these hormones when prolonged can have an adverse impact on health. For example, cortisol is a powerful immunosuppressive.

Trauma may be considered as the psychological effect of severe or prolonged stress. Generally this involves experiencing or witnessing threats of death or serious injury to either self or others. What is "traumatized" in this experience is the sense of the self as safe, protected, or invulnerable. Various behavioral and emotional effects are common in response to trauma. These effects generally fall along a continuum, but may be quite severe and disruptive to daily role functioning and overall quality of life. Fortunately, they frequently diminish with time and supportive interpersonal interaction. However, for some people, symptoms may persist leading to potential problems associated with post traumatic stress disorder, or PTSD. In such cases, professional treatment has been found to be helpful in either eliminating or reducing symptoms.

Additional Information

This information on TBI and more can be found at the Deployment Health Clinical Center (DHCC) Web site. Visit www.pdhealth.mil.

www.PDHealth.mil is the Official Web site of the DoD Deployment Health Clinical Center located at Walter Reed Army Medical Center, Washington, D.C.





Military One Source



Money

The Military OneSource financial team can help with budgeting, debt reduction, credit issues, and tax preparation. Financial planners are available by appointment for more detailed financial concerns. The Web site provides additional financial resources, including calculators for loans, debt reduction, and budgeting.

Legal

Depending on your service branch, Military OneSource legal services are provided as a supplement to your installation's Legal Assistance Office. The Military OneSource legal team includes licensed attorneys who can provide legal information and education.

Violence and Trauma

Military OneSource consultants can help you talk with your children about issues of war and violence. We also provide information, resources, and counseling on issues related to emergencies and natural disasters, including planning and preparedness.

Face-to-Face Counseling

A Military OneSource consultant can refer service members or eligible Family Members to licensed professional counselors in the local community for six sessions per issue at no cost to the service member or family member (available in the continental U.S., Alaska, Hawaii, and Puerto Rico). Face-to-face counseling is designed to address short-term issues dealing with relationships, grief and loss, adjustment to deployment, stress management, parenting, or combat stress.

www.militaryonesource.com

1-800-342-9647

Nationwide

Military OneSource uses a nationwide network of counselors to arrange for local face-to-face counseling sessions. During the telephone assessment, the consultant will provide a list of counselors that best matches the needs of the caller. Generally, counselors are located within a 30-mile radius of the caller. Callers are provided with all necessary contact details and encouraged to connect with the face-to-face counselor as soon as possible.

Personal and Relationships

Military OneSource can help with issues including depression, addiction and recovery, stress, grief and loss, relationships, or issues related to deployment. In addition, free face-to-face counseling sessions can be arranged in your local community (in the continental U.S., Alaska, Hawaii, and Puerto Rico).

Child Care and Parenting

Specialized consultants can help you locate licensed child care providers in your area, as well as help with other parenting issues, such as ways to help your children succeed with homework or how to help your children adjust to a move.

Deployment and Reunion

Through both the web site and the toll-free number, you can locate information for service members and their families about dealing with deployment. You'll find information on staying connected with your children while you're deployed, or information for Guard and Reserve members returning to work after a deployment.

Army Wounded Warrior Program

Taking care of wounded warriors is an important part of the Army's mission. The Army Wounded Warrior Program (AW2) is the official U.S. Army program that assists and advocates for severely wounded, ill, and injured Soldiers, Veterans, and their Families, wherever they are located, for as long as it takes. AW2 provides individualized support to this unique population of Soldiers, who were injured or became ill during their service in Overseas Contingency Operations since 9/11.

AW2 is a key component of the Army's commitment, the Army Family Covenant, to wounded warriors and their Families. All wounded, ill, and injured Soldiers - who are expected to require six months of rehabilitative care and the need for complex medical management - are transitioning to Veteran status. Those who meet AW2 eligibility are simultaneously assigned to Warrior Transition Battalion.

AW2 Advocates assist in the development of courses of action necessary to address needs/goals for AW2-eligible Warriors in Transition and their Families. Services include:

- Advise the Warrior Transition Battalion commander on healthcare and benefit support programs provided by Department of Defense, Department of the Army, Department of Veteran Affairs (VA), Department of Labor, Social Security Administration, as well as other non-governmental agencies.
- Ensure AW2-eligible Warriors in Transition and their Families gain access to medical and non-medical care management services to include medical care, rehabilitation, disability benefits, education, and employment-related programs.
- Anticipate and address future challenges during recovery, rehabilitation, and reintegration for AW2-eligible Warriors in Transition to active duty or transition to veteran status.
- Assist in community outreach and education events establishing a local community support network.

The AW2 Program is the only Army program that assists and advocates from the time of injury and continues throughout the Wounded Warrior Lifecycle of Care of AW2 Soldiers and is not limited by physical location or constrained by recovery or rehabilitation timelines.

Soldiers have given so much, and the AW2 Program is committed to ensuring that the unique population of AW2 Soldiers and their Families are given the best possible care and successfully return to duty or transition to civilian life.

Hours of Operation

Monday through Friday
8:00 a.m. – 5:00 p.m.

Contact Us

Warrior Transition Battalion
58th Street & Tank Destroyer Blvd.

Phone:

(571) 289-3048, (254) 287-2872,
(254) 287-6709, (254) 553-0971,
1-800-237-1336



Additional Resources for Support

Army Behavioral Health Web Site

The Army Behavioral Health Web site is available for you. The link is www.behavioralhealth.army.mil

This Web site, provided by the U.S. Army Medical Department, is a growing site that is designed to be a central source of behavioral health information and relevant links for Soldiers, Family Members, providers, news media, and Army Medical Department beneficiaries. Here, you can find information on topics such as:

- Pre and Post Deployment
- Battlemind Training Information
- Suicide Prevention
- Provide Resiliency Training
- PTSD
- Research

Wounded Soldier & Family Hotline

The Wounded Soldier and Family Hotline gives wounded/injured Soldiers and their family members a convenient way to resolve medical issues. It also provides a channel for Soldiers' medical concerns to go directly to senior Army leadership.

The hotline can be reached at (800) 984-8523, 24 hours daily. The center is under the Human Resources Command.

The Army's intent is to ensure wounded and injured Soldiers and their families that they receive the best medical care possible.

The Army chain of command will ensure every Soldier is assisted in navigating the Military Health Care System.



Ombudsman Program

The U.S. Army Medical Command established the Ombudsman program to augment the Army Wounded Soldier and Family Hotline (WSFH). The placement of knowledgeable and compassionate professionals at Medical Treatment Facilities that have significant Warriors in Transition populations will ensure that Soldiers and Family Members have a neutral and informal process for resolving concerns that arise when attempting to navigate complex health care related programs.

Fort Hood's Ombudsman program helps resolve issues relating to Warriors in Transition Soldiers and their family members. Issues include health care, physical disability processing, Reserve Component medical retention issues, transition to the Veterans Administration, pay issues, and others.

Ombudsman Staff will also assist with issues that come through the Army-wide Wounded Soldier and Family Hot line. In every case, the Ombudsman will attempt to link the Soldier or Family member with the appropriate subject matter expert.

The Ombudsman office on the second floor of Carl R. Darnall Army Medical Center in room 2025. The Fort Hood Ombudsman can be reached by calling 286-7793, 286-7031, or 287-0806, 286-7793, 286-7791. All can be reached via e-mail at crdamc.wtu.ombudsman@amedd.army.mil

Mental Health Hotline

Soldiers who have been reluctant to seek help for mental health problems may call a new automated phone-in assessment program. The hotline is the latest effort to reach out to Soldiers and family members who might not otherwise seek help for post-traumatic stress or other psychological issues. The calls will be conducted in English and Spanish and will operate 24 hours daily. The toll-free number for the Telephone Self-Assessment is (877) 877-3647.

Behavioral Health Hotline

Carl R. Darnall Army Medical Center's Behavioral Health Hotline was established to care for those affected by the Nov. 5, 2009 shooting at Fort Hood. Call (254) 553-3480 for assistance.

Stages of Coping

Where are you in the stages of coping?

Use these coping guides to assess yourself and know that seeking help is a sign of strength. Ask for help. Receive the help. Share your experience and help others cope. We are all in this together!

“ONE TEAM”

STAGES OF COPING					
	THRIVE	SURVIVE	BURN IN	BURN OUT	BURN UP
Thoughts	•positive •goal oriented	•short-term focus •routine	•repetitive •scattered	•negative •detached	•irrational •hateful
Feelings	•gratitude •hope	•numb •limited	•frustration •resentment	•lonely •afraid	•rage •hopeless
Behavior	•focused •balanced	•responsible •functional	•lashing out •impetuous	•isolated •unproductive	•erratic •unstable
Health Effects	•energetic •healthy	•fatigued •self-neglect	•hypertension •headaches	•exhaustion •depression	•breakdown •catastrophic

Ask ~ Receive ~ Share

Revised 01 NOV 2007 CRDAMC Public Affairs & Marketing



Would you like to use these guides at your next support group or to share with friends and family?

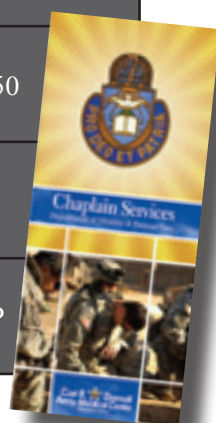
These guides and many other marketing support resources and educational materials are available for download at the Carl R. Darnall Army Medical Center's Web site.

Visit www.crdamc.amedd.army.mil
Click the Media Resources tab on the left and choose Marketing Support from the fly-out menu.



Fort Hood Chaplain Ministries

Chaplain's Office	Building Number	Phone Number (s)
Installation	44	(254) 288-6545
III Corps	1001	(254) 287-3411/1625
1 st CAV Division Chaplain	28000	(254) 287-4409/4627
4 th ID Division Chaplain	410	(254) 2913/2917
13 th S C (E)	39010	(254) 287-1242 or 288-7050
3 rd Signal Brigade	4414	(254) 287-8771
89 th MP Bde.	9425	(254) 287-0067
504 th MI Bde.	91074	(254) 288-9219
Family Life Training Center	21007	(254) 288-1757
Family Life Center	52024	(254) 287-6310
CRDAMC Hospital Chaplain	36000	(254) 288-8849/8850
Director of Religious Education	52024	(254) 288-6546
Chaplain After-Duty Hours	N/A	(254) 287-CHAP



Look for our brochure!



Additional Phone Numbers

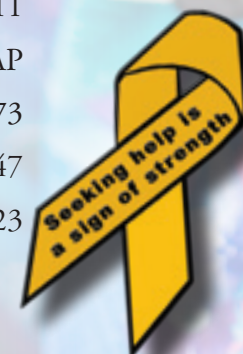
AGENCY

PHONE NUMBER

Alcohol & Drug Abuse (Garrison)	287-2694
Army Community Service.....	287-4ACS
Darnall Information Desk.....	288-8000
Darnall Emergency Department.....	288-8113/8114
Legal Assistance.....	287-7813
Military Police.....	287-2176 / 288-1062
Alcohol Drug Education & Prevention	618-7446 / 285-5095
Army Emergency Relief (AER).....	288-5003 / 287-1686
Exceptional Family Member Program (EFMP).....	287-6070
Military Family Life Consultants.....	383-2571/3684/1631
(Free confidential consultations and counseling)	
Army Family Action Plan (AFAP)	287-AFAP
Child Development Center Child Care.....	287-8029

HOTLINES

CRDAMC Behavioral Health Hotline	(254) 553-3480
Families in Crisis Hotline.....	634-8309/526-6111
Fort Hood Chaplains (after-duty hours).....	287-CHAP
Fort Hood Abuse Hotline.....	287-2273
Mental Health Hotline.....	(877) 877-3647
Wounded Soldier & Family Hotline.....	(800) 984-8523



FORT HOOD

WE'RE ALL IN THIS TOGETHER

RESOURCES

ARMY STRONG

Abuse	Childcare	Crisis	Family	Health	Legal	Misc.	Money	Parenting	Stress
After-Duty Hours Call 634-8309	Child Protective Services 526-9011	911 Post Operator 287-1110	ACS Exceptional Family Member Program 287-6070	Carl R. Darnall Army Medical Center Information 288-8000	ACS Consumer Affairs Office 287-CITY	ACS Information Line 287-4ACS	ACS/CFS Food Stamps and WIC 287-3663	ACS New Parent Support Program 287-2286	ACS Family Assistance Center 288-7570 or 866-836-2751
Chaplain After Duty Hours 287-CHAP	Child Youth Services Childcare & Daycare 287-9833	Chaplain After Duty Hours 287-CHAP	ACS FAP Marital Communications 288-1757/5123 Family Life Center	Darnall Emergency (254) 288-8113	Fort Hood Tax Office 288-5040	ACS Lending Closet 287-4485 or 287-4471	ACS Financial Readiness Branch 287-8979	ACS Parenting Skills Classes 287-2286	Chaplain Family Life Training Center 288-1757
Department of Social Work Services 288-6474	Emergency Childcare 287-CARE	CRDAMC Emergency Department 288-8113	ACS FAP Relationship Enhancement 288-2863	TRICARE Appointments 288-8888 Out-of-Town 800--305-6421	Power of Attorney & Wills 287-7901	Army Emergency Relief (AER) 288-5003	ACS Financial Questions 287-8979	Chaplain Family Life Training Center 288-1757	Department of Social Work Services 288-6474
Sexual Assault 702-4953		Fort Hood Fire 117 or 911	Chaplain Family Life Training Center 288-1757	TRICARE Appointment Cancellation 288-7777		CFS Command Financial Specialist Unit 287-8979	ACS Job Assistance 288-2089	School Liaison Office 288-7946	Department of Substance Abuse Services (DSAS) 287-2892
Spouse/Child Abuse Hotline 287-2273		Fort Hood Red Cross After Hours 287-4745 or 287-4746	Families in Crisis Hotline 634-8309 526-6111	Prescription Refills 288-8911 Main/PX Pharmacy 288-8800		Fort Hood Housing Office 287-4212	Deposit Waiver Program 288-9305		Deployment Stress Help Line (non-emergency) 535-4497
		Military Police 288-1131/1148/1062 287-5019 or 911	Family Advocacy Program Hotline 287-CARE	Veterinary Needs 287-6719		Household Goods In and Out Bound 287-5516 or 288-9832	Fort Hood Tax Office 288-7995 (apt.)		Fort Hood Resiliency Center 1-800-784-2433
		Police Killeen 526-8311 Harker Heights 699-7600 Copperas Cove 547-4272	Military & Family Life Consultants 383-2571, 3684, 1631, 1298, and 553-4705	Resilience & Restoration Center 553-2288 553-2287		ID Cards AG ID Cards 287-5670			Military & Family Life Consultants 383-2571/3684 /1631
		Behavioral Health Hotline 553-3480	TRICARE Information Line 800-444-5445	Warrior Combat Stress Reset Program 288-4746		Inter-Agency Meeting 287-4ACS (4227)			Sexual Assault 702-4953
			ACS Food Stamps and WIC 287-3663	Hospital and Admin Psychiatry 286-7079/7820					National Institute of Mental Health Hotline 1-888-826-9438
			Copperas Cove WIC 547-9571	Adult Inpatient Psychiatry 288-8730					National Suicide Prevention Hotline 1-800-784-2433 1-800-273-8255
			Fort Hood WIC 532-8680	Child & Adolescent Psychiatry Service 288-8731 286-7079					
			Killeen WIC 526-2033	Dept. of Social Work 288-6474					
			Killeen Food Center 554-3400	Department of Substance Abuse Services (DSAS) 287-2892					

UNIT CONTACT INFO.

Rear Detachment
P.O.C.:
Family Readiness Group

COMMUNITY

WE'RE ALL IN THIS TOGETHER

RESOURCES

ARMY STRONG

Abuse	Childcare	Crisis	Family	Health	Jobs	Misc.	Money	Rehab	School
Central Texas Youth Services Teen Hotline 1-800-421-8336	Boys & Girls Club 699-5808	American Red Cross Fort Hood 287-0400 24 hr. toll-free 877-272-7337	Gold Star Family Support Center 288-1668	American Cancer Society 753-0806	Central Texas Workforce Services 200-2000	211 Texas Information & Referral	Consumer Credit Counseling Service 634-9155 800-374-2227	Alcoholics Anonymous Killeen 254-634-5959	Belton ISD 254-215-2000
Child Protective Services 800-252-5400	HCCAA Childcare Management Services 200-2250 800-647-6558	Cove House Emergency Shelter 547-4673	Military One Source 800-342-9647	American Heart Assoc. Waco 254-299-0880 Austin 512-433-4000	Texas Rehabilitation Commission 800-538-8285	Bell County Human Services 519-3360 Copperas Cove 547-4286	Central Texas Veteran's Affairs 1-800-423-2111 1-800-778-4811	CentTex Rehab Center 778-2286 Emergency 778-2286	Central Texas Armed Services YMCA 634-5445
Texas Runaway Hotline 800-392-3352	Ralph Wilson Youth Clubs Ages 6-14 773-9001	Families in Crisis Inc. 634-1184	TexVet Texas Veterans & Families Information & Referral 211	American Lung Association 512-467-6753		Families in Crisis Inc. 634-1184		Central Texas Council on Alcoholism & Drug Abuse 800-554-3254	Copperas Cove ISD 254-547-1227
	Saulsbury Jean Wilson Children's Center Temple 778-7311	Martha's Kitchen Temple 770-0515	TRICARE Information Line 800-444-5445	Arthritis Foundation 772-9303		HCCAA Energy Assistance 519-3360		Christian Farms Treehouse Inc. 933-9400	Head Start CC: 547-0769 HH: 690-1325 Fort Hood: 628-1935
		The Refuge Corp. Cove Shelter 547-6753	Communities In Schools 554-2132	Bell County Public Health 778-4766 Killeen 526-8371		Killeen HELP Center 519-3360			Killeen ISD 254-501-0000
		Suicide Prevention 1-800-784-2433		Family Planning 547-1006		Salvation Army Killeen 634-0364			Lampasas ISD 512-556-6224
		Spouse Abuse Hotline 24 hour 1-888-799-7233		Greater Killeen Free Clinic 519-3898		Social Security Administration 298-1323 800-772-1213			Military Child Education Coalition (MCEC) 953-1923
		Child Abuse & Neglect Hotline 24 hour 1-800-252-5400		Autism (MAJ Fisher) 254-288-8099		WIC Copperas Cove 547-9571 Killeen 526-2033			School Liaison Office 288-7946
						VA Liaison (287) 3917/3919			Temple ISD 254-215-8473
									Communities In Schools 554-2132





Behavioral Health Services
“ONE TEAM”



Designed & Created by
Carl R. Darnall Army Medical Center
FH MDA HO 364 (Rev)
01 April 10